

California WIC Authorized Food List

(WAFL, August 2008)



California WIC Authorized Food List
August 2008

Breastfeeding Women	
<p>Carrots</p> <p>Can buy</p> <p>Any brand Pre-packaged only</p> <ul style="list-style-type: none">• Fresh, large, whole	<p>Cannot buy</p> <ul style="list-style-type: none">• Canned, shredded, frozen, or baby carrots• Bulk (not packaged)
<p>Tuna</p> <p>Can buy</p> <p>Any brand 5 oz. or 6 oz. cans</p> <ul style="list-style-type: none">• Chunk light water-packed• Dietetic tuna• Low-sodium tuna	<p>Cannot buy</p> <ul style="list-style-type: none">• Solid white or Albacore tuna• Tuna with soy protein added• Oil-packed tuna• Prime fillet

Ways to Buy up to 36 oz. of Cereal

- 12 oz. + 12 oz. + 12 oz. = 36 oz.
- 20 oz. + 15 oz. = 35 oz.
- 17.3 oz. + 17.3 oz. = 34.6 oz.
- 17.5 oz. + 17.3 oz. = 34.8 oz.
- 17.5 oz. + 17.5 oz. = 35 oz.
- 18 oz. + 18 oz. = 36 oz.
- 14.5 oz. + 19 oz. = 33.5 oz.
- 20 oz. + 14 oz. = 34 oz.
- 21.5 oz. + 13 oz. = 34.5 oz.
- 20.4 oz. + 12 oz. = 32.4 oz.

Cereals for Women

Can buy

Any cereal specified on the food instrument

Box or bags – 12 oz. package or larger except for store brand Instant Oatmeal which may be an 11.8 or 12 oz. box

- General Mills
 - **Cheerios** (plain)
- Kellogg's
 - **Corn Flakes** (plain)
 - **Frosted or Unfrosted Mini-Wheats** (Big Bite or Bite Size)
- Malt-o-Meal
 - **Malt-O-Meal Original** (plain)
- Post
 - **Honey Bunches of Oats** (Honey Roast)
 - **Premium Bran Flakes**
- Quaker
 - **Life** (plain)
 - **Oatmeal Squares** (blue box)
- Store Brands (See list of authorized labels)
 - **Crisp(y) Rice**
 - **Instant Oatmeal** (Regular unflavored, in 11.8 oz. or 12 oz. box of individual serving packets)

Cannot buy

- Brands or labels not specifically listed on WIC Authorized Food List and California Shopping Guide WIC Authorized Foods
- Individual serving packets, except for store brand Instant Oatmeal
- Packages smaller than 12 oz., except for store brand Instant Oatmeal
- Honey (except for Honey Bunches of Oats, Honey Roast), frosted, cinnamon, or fruit flavored
- Cereals with chocolate, fruit, nuts, marshmallows, or yogurt pieces/clusters

Cereals for Children

Can buy

Any cereal specified on the food instrument
Box or bags – 12 oz. package or larger except for brand Instant Oatmeal which may be an 11.8 or 12 oz. box

- General Mills
 - **Cheerios** (plain)
 - **Kix** (plain)
- Kellogg's
 - **Corn Flakes** (plain)
 - **Frosted or Unfrosted Mini-Wheats** (Big Bite or Bite Size)
- B&G Foods
 - **Cream of Wheat** (1 minute, 2-1/2 Minute, 10 minute)
- Post
 - **Honey Bunches of Oats** (Honey Roast)
- Quaker
 - **Life** (plain)
 - **Crunchy Corn Bran**
- Store Brands (See list of authorized labels)
 - **Crisp(y) Rice**
 - **Instant Oatmeal** (Regular unflavored, in 11.8 oz or 12 oz. box of individual serving packets)

Cannot buy

- Brands or labels not specifically listed on WIC Authorized Food List and California Shopping Guide WIC Authorized Foods
- Individual serving packets, except for store brand Instant Oatmeal
- Packages smaller than 12 oz., except for store brand Instant Oatmeal
- Honey (except for Honey Bunches of Oats, Honey Roast), frosted, cinnamon, or fruit flavored
- Cereals with chocolate, fruit, nuts, marshmallows, or yogurt pieces/clusters

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Store Brand Cereals	
<p>Can buy</p> <p>Crisp(y) Rice box or bags 12 oz. packages or larger</p> <ul style="list-style-type: none"> • Albertsons • American Fare • Best Yet • Flavorite • Great Value • Home & Garden • Hospitality • Hy Top • IGA • Kroger • Parade • Raleys • Ralphs • Ralston (Military Commissary) • Red & White • Safeway • Special Value • Springfield • Stater Brothers • Sunny Select • Vons • Western Family <p>Instant Oatmeal – Regular plain, unflavored 11.8 oz. or 12 oz. box of individual serving packets</p> <ul style="list-style-type: none"> • Albertsons • Best Yet • Flavorite • Hy Top • IGA • Kroger • Parade • Raleys • Ralphs • Ralston (Military Commissary) • Red & White • Safeway • Special Value • Springfield • Stater Brothers • Sunny Select • Vons • Western Family 	<p>Cannot buy</p> <ul style="list-style-type: none"> • Brands or labels not specifically listed on WIC Authorized Food List and California Shopping Guide WIC Authorized Foods • Individual serving packets, except for store brand Instant Oatmeal • Packages smaller than 12 oz., except for store brand Instant Oatmeal • Honey (except for Honey Bunches of Oats, Honey Roast), frosted, cinnamon, or fruit flavored • Cereals with chocolate, fruit, nuts, marshmallows, or yogurt clusters/pieces

Juice – Frozen Concentrate

Can buy

Any brand
11.5 oz. or 12 oz. containers

- **Apple**
- **Red Grape**
- **Purple Grape**
- **White Grape**
- **Pineapple**
 - Must state “100% Juice” **and** “120% Vitamin C” on the front label
 - Added calcium if the FI does **not** state: “No added calcium allowed”

Can buy

Any brand
11.5 oz. or 12 oz. containers

- **Orange juice**
 - Must state “100% Juice” on the front label
 - Added calcium if the FI does **not** state: “No added calcium allowed”

Cannot buy

- Other flavors, types, or sizes
- Apple, Grape (red, purple, white), or Pineapple juice that does not state “100% Juice” **and** “120% Vitamin C” on the front label
- Orange juice that does not state 100% juice on the front label
- Added calcium if the FI states: “No added calcium allowed”
- Juices with the following added ingredients:
 - Caffeine
 - Carnitine
 - Chromium
 - Ginkgo Biloba
 - Ginseng
 - Grape seed extract
 - Guarana
 - St. John's Wort
 - Taurine
 - Wheatgrass

Juice - Bottled

Can buy

Any brand of ready-to-drink
64 oz. containers

- **Apple**
- **Red Grape**
- **Purple Grape**
- **White Grape**
- **Pineapple**
- **Vegetable Cocktail**
-Low sodium allowed
- Must state "100% Juice" **and** "120% Vitamin C" on the front label
- Added calcium if the FI does **not** state: "No added calcium allowed"

Cannot buy

- Other flavors, types, or sizes
- Apple, Grape (red, purple, white), or Pineapple juice, or Vegetable Cocktail that does not state "100% Juice" **and** "120% Vitamin C" on the front label
- Added calcium if the FI states: "No added calcium allowed"
- Juices with the following added ingredients:
 - Caffeine
 - Carnitine
 - Chromium
 - Ginkgo Biloba
 - Ginseng
 - Grape seed extract
 - Guarana
 - St. John's Wort
 - Taurine
 - Wheatgrass

Infant Formula	
MUST BUY THE NUMBER OF CANS OF FORMULA PRINTED ON THE FOOD INSTRUMENT (FI)	
<p>Can Buy</p> <p>Infant Formula specified on FI Can size and quantity specified on the FI</p> <ul style="list-style-type: none">• Enfamil LIPIL with Iron 13 fl. oz. liquid concentrate or 12.9 oz. powder• Enfamil ProSobee LIPIL 13 fl. oz. liquid concentrate or 12.9 oz. powder• Enfamil LactoFree LIPIL 13 fl. oz. liquid concentrate or 12.9 oz. powder• Enfamil Gentlease LIPIL 12 oz. powder only• Enfamil A.R. LIPIL 12.9 oz. powder only• Other formula allowed ONLY if it is printed on the WIC FI. (For example: Nutramigen LIPIL; Similac NeoSure; Enfamil Enfacare LIPIL; Alimentum; PediaSure, vanilla flavor only.)	<p>Cannot buy</p> <ul style="list-style-type: none">• Any other brand, type, or size not printed on the FI• Low iron infant formula or formula with no iron

Infant Cereal	
MUST BUY THE NUMBER OF BOXES OF CEREAL PRINTED ON THE FOOD INSTRUMENT (FI)	
<p><i>Can buy</i></p> <p>Gerber Infant Cereal only 8 oz. boxes</p> <ul style="list-style-type: none">• Dry pack cereal with iron• May buy any combination of allowed cereals:<ul style="list-style-type: none">- Barley- Rice- Oatmeal- Mixed	<p><i>Cannot buy</i></p> <ul style="list-style-type: none">• Other types, brands, flavors or sizes of infant cereal• Infant cereal with added fruit• Single servings cups• 6 oz. variety packages

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Milk	
<p>Can buy</p> <p>Any brand Container size determined by type of milk purchased</p> <ul style="list-style-type: none"> • Pasteurized fluid cow's milk <ul style="list-style-type: none"> - Nonfat (fat free, skim) - 1% Lowfat (light) - 2% Reduced fat - Whole - Single gallons or gallon twin pack (For "1 ½ gallon" FI, must buy one full gallon and one ½ gallon) • Lactose free cow's milk <ul style="list-style-type: none"> - If specified for purchase on the FI - 1/2 gallon container • Acidophilus milk <ul style="list-style-type: none"> - If specified for purchase on the FI - 1/2 gallon container • Evaporated milk <ul style="list-style-type: none"> - 12 oz. can • Powdered dry milk <ul style="list-style-type: none"> - Nonfat or Lowfat only - 9.6 oz. to 25.6 oz. box 	<p>Cannot buy</p> <ul style="list-style-type: none"> • Raw (unpasteurized) milk • Non-dairy substitutes • UHT milk (shelf-stable) • Quart or pint sizes • Evaporated "filled" milk • Sweetened condensed milk • Soy beverage (soy milk) • Buttermilk • Goat's milk • Organic milk • Chocolate milk • Flavored milk

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Eggs	
<p><i>Can buy</i></p> <p>Any brand Dozen size carton</p> <ul style="list-style-type: none">• Grade AA white chicken eggs• Small, medium, or large eggs	<p><i>Cannot buy</i></p> <ul style="list-style-type: none">• Other grades of eggs• Jumbo or extra large eggs• Low cholesterol eggs• Powdered or liquid eggs• Specialty eggs such as: cage free, stress free, vitamin enriched, organic, or Egglands best• Brown eggs• Egg substitutes• Ungraded eggs• Vitamin enriched

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Cheese	
<p>Can buy</p> <p>Any brand Block or round ¾ pound (12 oz.) or larger</p> <ul style="list-style-type: none"> • Regular, reduced fat, nonfat or low sodium • Natural Cheddar cheese (mild, medium, sharp, extra sharp, or white) • Jack cheese • Mozzarella cheese • Process American cheese • Domestic cheese ONLY • Kosher cheese varieties are OK <p>At the deli:</p> <ul style="list-style-type: none"> • Can get block cheese sliced if no extra charge • Can buy cheese from a manufacturer's pre-sliced block in deli 	<p>Cannot buy</p> <ul style="list-style-type: none"> • Marbled cheese • Process cheese food • Cream cheese or Parmesan cheese • Cheese spreads or cheese products <ul style="list-style-type: none"> - Velveeta • Cheese with added hot peppers or spices • Any other variety of cheese, such as Colby or Muenster • Cheese made outside the USA • Organic cheese • Pre-packaged sliced cheese, individual slices wrapped or not • String cheese • Diced, grated, or shredded cheese

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Peanut Butter	
<p><i>Can buy</i></p> <p>Any brand Most FIs allow 16 oz. to 18 oz. jars Some FIs may allow 12 or 24 oz. jars</p> <ul style="list-style-type: none">• Plain, creamy, chunky, or super chunky styles• Honey nut roasted• Low sodium• Low sugar or natural• Any commercial brand	<p><i>Cannot buy</i></p> <ul style="list-style-type: none">• Any other size container• “Grind your own”• Peanut butter spread• Organic peanut butter• Lowfat• Reduced fat• Peanut butter with added jams, jellies, chocolate, or honey

Peas, Beans, or Lentils

Can buy

Any brand, any variety
Pre-sealed packaged or in bulk

- Uncooked dry beans, peas, and lentils
- Plain, mixed beans, peas, and/or lentils

ONLY if printed on FI

- 14-16 oz. plain canned beans (any variety)
- Canned baked beans (plain, vegetarian, with pork, with bacon)
- Canned black-eye peas or chickpeas

Cannot buy

- Organic beans
- Green or wax beans
- Canned green peas
- Frozen beans, peas, or lentils
- Canned baked beans with beef or franks
- Canned refried, Cajun style, Bar-B-Que, or Ranch style beans
- Bean soup mixes with flavoring packets or spices